



September 2009 • Volume 32 • Number 3

**General Meeting ~ Wednesday, September 16, 2009  
 Estes Park Medical Center Art Project  
 Presented by Members of the EPMC Art Committee**

**Submitted by Stephanie Wiegand**

Nestled high in the Rocky Mountains, Estes Park was once known to doctors and patients as a restorative retreat for those seeking treatment for tuberculosis. Today Estes Park is known as a hiker's and outdoorsman's paradise and an artist's community. The Estes Park Medical Center serves the 5,400 year-round residents and the crowds of tourists who descend upon the small community each year. The Art Committee of the Medical Center (EPMC) believes in not only the healing powers of the restful mountain retreat but also in the healing powers of art. While the goals of the committee are many, among them are the desire to humanize the environment of healthcare and to invite the local community to participate in the health and well-being of others.

Carol Indermuehle and James Nelson manage the committee, whose members have a wide variety of knowledge and experience in the artist community.

The Education Committee will present a tour of the Estes Park Public Library, built in 1991 (the second story was added in 2002). In August and September, the "Art Upstairs" at the public library features an exhibit of photographer Joel K. Alpers.

**Date of the Meeting: Wednesday, September 16**

Location: Estes Park Public Library  
 335 East Elkhorn Avenue  
 Estes Park, CO 80517  
[www.esteslibrary.org](http://www.esteslibrary.org)



**Schedule**

9:30 – 10:00 a.m.	Networking and refreshments
10:00 – 10:30 a.m.	Tour of the Estes Park Public Library
10:30 – 11:15 a.m.	Main program
11:15 – 11:30 a.m.	Break
11:30 a.m. – 12:30 p.m.	Business meeting

## Health Information From Public Libraries

Submitted by Debra Taylor, Reference and Acquisitions, Englewood Public Library

The public librarian receives a wide range of reference questions. I believe we take all of them seriously; however, our awareness of the current problems with healthcare access, well, that makes any healthcare question feel more weighted.

As a part-time public librarian, I get a variety of medical information/health inquiries, but on average, I get several a week. Questions vary from requests for books on special-diet cooking to videos on childbirth. If it is a book or video the patron wants to check out, we feel lucky if the material we have is not more than a few years old. The most recent material always seems to be checked out or in loss status.

Most public libraries provide on their Website a resource link to a variety of research sources. As a public librarian, I believe sharing trusted resource sites with the patron is as important as getting the patron to the resource itself. Unfortunately, some patients come to the library with only a piece of paper with a word written on it by their health-care provider. They may have been too afraid or intimidated to ask much about it or it is something they just want to learn more about. A word like *telangiectasia* may be overwhelming while in the doctor's office, but when the patron can sit at a computer and read something from Medline Plus or read a manual from Gale or Merck at their own speed, they can feel more in control. The patron then gains the ability to ask questions: "What caused it?" "What can I do?" For the librarian, trusted research sources provide information on causes, symptoms, possible complications, and more. We can offer to read the information to them or we can leave them to read on their own; sometimes, that is all they need. They just want to understand at their own pace. *cq*

Want to stay up to date on flu news?

The Centers for Disease Control and Prevention regularly updates its H1N1 alert page, available at <http://www.cdc.gov/H1N1FLU/>

Find consumer information on seasonal flu at <http://flu.gov/>



## From President of CCML to Member of City Council?

Lynne Fox, a librarian at the UC Denver Anschutz Medical Campus Health Sciences Library, is a candidate for City Council in Ward 3 of Thornton, Colorado. Thornton is Colorado's sixth-largest city, and is home to companies such as Ascent Solar and DoubleClick/Google.

Lynne's experience as a librarian in a complex, public sector organization, setting strategic priorities and evaluating outcomes, will be valuable in a city council member. Lynne hopes to use her experience and skills to expand employment and transportation options, and ultimately promote investment in Thornton's most important resource: People! *cq*

## MEMBERSHIP NEWS

### Welcome to New CCML Members

#### Carol Luallin, MLS

Hello! My name is Carol Luallin and I work at Koelbel Public Library, a branch of the Arapahoe Library District. My title is patron services librarian. The work I do in our public library entails heavy patron contact and providing outstanding and personalized customer service. I love it! People are interesting and fascinating, and can ask some of the most unusual questions. I thrive on being able to find the answers to those questions and working as a team with my colleagues. I enjoy travel, reading, scrapbooking, learning, and keeping up with all the latest technology and gadgetry. Life is too short to be bored!

#### Stacy Naus, MLIS

Stacy Naus graduated from the University of Denver in June 2009. She completed her practicum at the Rocky Vista University, College of Osteopathic Medicine, in the health sciences library. Stacy reports that her practicum was a positive experience and that she learned so much.

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Stacy and her family are originally from the Chicago area, and they moved to Denver in 1996. A very important tidbit about Stacy: She is a new grandmother. Stacy cherishes the time she spends with her first grandson, Quinn.

Stacy is looking forward to attending some CE classes. Stacy had a previous career as an IT person; in her new career as a librarian, she hopes to combine her love of research and technology.

In her free time, Stacy enjoys photography and scrapbooking.

#### Kim Ribich

Hello! My name is Kim Ribich. I am originally from Wisconsin; I moved to Colorado in 1998. I have worked in the nonprofit sector for 18 years, focusing primarily on children's issues, such as special needs adoption and child abuse prevention. I began working with the Colorado Health Foundation in November 2008, and one of my first projects was to design and build a library for our staff, board members, and grantees. Admittedly, my only library experience prior to this was working in Government Documents for four years in my college library. Technology has come a long way since then!

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## MEMBERSHIP NEWS

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Connecting with CCML has been instrumental in helping me learn about modern library science and how to apply new technologies to address our needs at the Foundation. While I will continue in my role as an executive assistant in our operations and policy departments, I will also serve as the Foundation's "librarian" and be responsible for acquisitions, cataloging, research, and budget management.

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### **Maggie Shawcross**

Maggie Shawcross is currently enrolled in the MLIS program at the University of Denver. Her area of concentration is reference user services. Maggie works as a health & wellness librarian at the North Colorado Medical Center. Maggie holds a master's degree in public health, which will certainly be a great asset to her as she pursues a career in a hospital or academic library. She plans to graduate in March 2010.

Maggie lives in Greeley with her husband, Luke, and their dog, Puppy Chula. When Maggie is not busy doing homework, she enjoys spending time with family and running. *cq*

### **Paralibrarian SIG Meeting, August 18, 2009**

**Presenter: Lilian Hoffecker**

**Submitted by Marie St. Pierre**

At the Health Sciences Library, Anschutz Medical Campus, in Aurora, Lilian Hoffecker presented a talk about complementary, alternative, and integrative medicine. She began by defining the terms, gave examples of each, and commented on the number of people using these types of treatments. Although research, scholarly sources of information, and evidence-based studies are only slowly being produced in these fields, Lilian provided a list of authoritative resources to use for reference and demonstrated a few of them. This was a much appreciated discussion on the topic. *cq*

### **Don't Forget Banned Books Week!**

September 26 – October 3, 2009

### **Treasurer's Report**

Submitted by Lynda Lillwitz,  
CCML Treasurer

CCML's current balance is: \$7,355.93.  
We have had \$1,806.78 in expenses and  
\$976.22 in income since April 1, 2009.

## Musings By Maxwell

Submitted by Dick Maxwell

Simple deterioration caused by walking upright for most of my life (damn you, evolution) recently caused something to happen in the neighborhood of my 7th cervical vertebra, pinching a nerve root and wreaking havoc all the way from my back to the ring and little fingers of my hand. The cause? It would be nice to be able to describe some adventure which included a number of manly moves, or at least some sport that someone my age should avoid, but no. While riding in a car on the way to Breckenridge, I turned to take a picture of a friend's dog who was along for the trip, and pop! (or snap or creak or grind or crush or whatever). That's it.

The innocence of my move should make everyone (I like to think of myself as Everyman) think twice about doing much of anything after a certain age. While it didn't work out very well for him in the long run, Michael Jackson's time spent motionless and safe in a hyperbaric chamber may be worthy of a second look. There are, in fact, a number of conditions that arise from everyday activities and about which very little appears in the medical literature.

Permasofa Syndrome, for example...the victim, having spent hours if not days sprawled on a couch while watching football or HGTV, or...in extremely rare cases...reading, finds that he or she is simply unable to get back to a vertical, standing position. Caregivers are divided over whether the cause is physical, psychological, or a combination. One treatment that has shown promise is the refusal by family and/or friends to provide snacks, bed pans, or Snuggies. Tough love. The survival instinct usually kicks in after 36-48 hours, and the sufferer crawls into action.

Another is Internalcombustavertigo, caused by suddenly finding yourself in one of those traffic circles which work well in Europe, where drivers have some idea of how they're supposed to be navigated. Here, however, they just seem to bring out the frustrated Dale Earnhart, Jr., in more than 50% of drivers. Get yourself into one of those two-lane jobs at the wrong time and you'd better have a full tank of gas plus bumper car-style pads on the sides of your vehicle.

In the more mundane world of actual medical literature, it can be seen with just a quick look that nothing in life is simple enough or benign enough not to pose the risk of something going badly wrong. Take for example, the simple pencil (long, thin wooden object with some sort of dark substance in the middle allowing...when carved to a point...marks to be made on paper...some of you remember those, the rest might want to ask your parents or check a dictionary...or, of course, Google). My cervical problem

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## Musings By Maxwell

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turns out to be nothing compared to the “High cervical cord injury after accidental pencil stab,” reported in Neurology India this year. It makes you appreciate keyboard-induced carpal tunnel syndrome a bit more, doesn’t it?

And speaking of stab wounds...readers of thrillers with near-Superman-quality heroes who make any and all objects lethal won’t be surprised, but even an old friend from childhood on can’t be trusted. “Self-inflicted stab wound of the abdomen with spoon” is reported by Balsarkar, et al., in the Indian Journal of Gastroenterology. Why this adversarial relationship with ordinary tools seems to be so prevalent in India is probably worthy of someone’s dissertation research.

In another spoon-related but otherwise total non sequitur, hospitals concerned about excess spending on expensive surgical tools should probably take a look at “The use of a polished dessert spoon during open anterior acromioplasty,” from the Journal of Shoulder and Elbow Surgery. Multifunction cutlery is one of those things that has just been staring us in the face forever. What took so long?

And finally, how often have golfers been mocked as non-athletes, riding around in carts and occasionally getting out to take a swipe at the ball while facing no danger beyond possible hemorrhoids? Well another of the periodic reports refuting that myth appeared in the Journal of Trauma in 2008: “Incidence of golf cart-related injury in the United States.” An “estimated 48,255...golf cart-related injuries occurred in the U.S. between 2002 and 2005....” Need it be added that “male patients had a higher injury rate than female patients...”?

There’s no safe haven, but I plan to avoid standing, pivoting, reaching, turning, stretching, and deep breaths for the foreseeable future. Any problems with this essay should be attributed to the software struggling to translate my speech into text. It seems to work better when I’m not eating. *cq*

## What's New in MedlinePlus?

Submitted by Dana Abbey

MedlinePlus ([www.medlineplus.gov](http://www.medlineplus.gov)), the authoritative online consumer health resource from the National Library of Medicine, has many great new features to help you locate appropriate materials that meet the unique needs of your community. The site, which debuted in 1998 with 22 health topics, now boasts over 800 topics and many new enhancements:

### Enhanced Searching

MedlinePlus has new search capabilities to improve your searches. Results now have relevancy rankings and are sorted into two subsets: collections and clusters. "Collections" help you narrow your search by displaying results in seven content areas. "Clusters" organize your search results into groups based on the most frequent words in the top 200 results. The "remix" button displays the next cluster. You can target your search with phrase searching and Boolean logic. "AND" is the default operator; for everything else use OR, NOT, -, +, and the wildcard \*. MedlinePlus was designed to be user-friendly, providing a variety of search mechanisms to meet different search styles. Many elements are repeated throughout the site, helping users learn to search quickly.

**SEARCH TIP:** Do you want to know what the hot topics are in MedlinePlus? Just click on the Search Cloud link on the lower right sidebar from the homepage—this displays the top 100 search terms entered into the MedlinePlus search box. The cloud is updated every weekday, with results appearing in alphabetical order and the larger the text size, the more often the term has been searched. Place your cursor over the search term to find out the exact ranking.

### Multiple Language Resources

It's easy to find Spanish language materials with the convenient español toggle tab. This tab is located on the upper right side of every page. MedlinePlus is a robust site in English and Spanish, but did you know it also has consumer health information in 47 other languages? Just click on the lower left sidebar from the MedlinePlus homepage and explore. You can search by health topic or by a specific language.

**SEARCH TIP:** Not finding the Spanish language information you need? Start your search in English and click on the first result, which should be the health topic. Toggle to the español site and view the Spanish term for your English-generated search. For example, searching "heart attack" in the Spanish site will yield non-relevant results. By starting the search in English and toggling to Spanish, you will learn the term in Spanish is "ataque al corazón." Performing the search with these terms in the español site will yield numerous relevant results.

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## What's New in MedlinePlus?

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### **Health Literacy Materials**

Literacy is the ability to read and write. Health literacy is the ability to obtain, understand, and act on verbal or written health information. Low literacy and low health literacy often go hand in hand, but don't be fooled by someone's outward appearance or perceived educational level. It is still possible to be highly educated and have low health literacy. MedlinePlus has useful materials for users who need easier reading level materials—these are marked with an Easy to Read notation. The interactive tutorials are designed for all consumers regardless of their education level, ability, or familiarity with computers. Physicians, nurses, and healthcare providers practicing in the United States write the content. The modules do not have advertising, nor do they contain information that might bias the patient's decision-making process. It is designed for 6th grade readability and can be located from the upper right sidebar from the MedlinePlus homepage. Search the medical encyclopedia and toggle to the español site for images with Spanish content. There are even a few surgery videos available in Spanish.

**SEARCH TIP:** A quick way to find all the health literacy materials is from the main health topics page. Click on Health Topics, and then look for the colored bar in the lower right corner of the page. *cq*

## Calendar

### September

16 – General Membership meeting - Estes  
Park Public Library  
20-24 – MCMLA, Breckenridge, CO

### October

1 – Executive Committee meeting (8:30-  
10:30 at National Jewish Health, L111  
Goodman Blvd.)  
12 – Council Quotes deadline

### November

11 – General Membership meeting

## September Health Observances

America On the Move's September Campaign  
Childhood Cancer Month  
Craniofacial Acceptance Month  
Fruit and Veggies - More Matters Month  
Healthy Aging Month  
Leukemia & Lymphoma Awareness Month  
National Alcohol and Drug Addiction Recovery  
Month  
National Cholesterol Education Month  
National Infant Mortality Awareness Month  
National Pain Awareness Month  
National Pediculosis Prevention Month  
National Sickle Cell Month  
Ovarian Cancer Awareness Month  
Prostate Cancer Awareness Month  
Reye's Syndrome Awareness Month  
Sports and Home Eye Safety Month  
Whole Grains Month  
6-12 National Suicide Prevention Week  
13 National Celiac Disease Awareness Day  
15 Get Ready Day

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20-26 National Farm Safety & Health Week  
21-27 America on the Move Week  
21 World Alzheimer's Day  
26 National Mesothelioma Awareness Day  
28 World Rabies Day  
30 World Heart Day

## October Health Observances

Eye Injury Prevention Month  
Halloween Safety Month  
Healthy Lung Month  
Let's Talk Month  
National Breast Cancer Awareness Month  
National Celiac Disease Awareness Month  
National Chiropractic Month  
National Dental Hygiene Month  
National Disability Employment Awareness Month  
National Domestic Violence Awareness Month  
National Down Syndrome Awareness Month  
National Medical Librarians Month  
National Physical Therapy Month  
National Spina Bifida Awareness Month  
SIDS Awareness Month  
Talk About Prescriptions Month  
4-10 Fire Prevention Week  
4 Sarcoidosis Awareness Day  
5-11 Get Smart About Antibiotics Week  
5-11 Mental Illness Awareness Week  
5-9 Drive Safely Work Week  
5 National Child Health Day  
8 National Depression Screening Day  
10 World Mental Health Day  
12-20 Bone and Joint Decade National Action Week  
12-16 National School Lunch Week  
13 Metastatic Breast Cancer Awareness Day  
14 Stop America's Violence Everywhere Today  
15 National Latino AIDS Awareness Day  
16 World Food Day  
18 - 24 Hearing Aid Awareness Week  
19 - 25 National Drug-Free Work Week

**Colorado Council of Medical Librarians**  
**Officers and Committee Chairs**  
**2008/2009**  
**Elected Officers**

President	Shandra Protzko
President-Elect	Stephanie Wiegand
Secretary	Jerry Carlson
Treasurer	Lynda Lillwitz
Past-President	Lilian Hoffecker

**Appointed Officers**

Newsletter Editor	Melissa Kovac
Associate Editor	Kate Elder
Membership Database Coordinator	Paul Blomquist
Parliamentarian	Jerry Carlson
Discussion List Owner	Jeff Kuntzman

**Standing Committee Chairs**

Advocacy Contact	Ellen Graves
Education	Gene Gardner
Membership	Debra Taylor and Paul Blomquist
Internet	Debra Miller
Nominating	Lilian Hoffecker
Marla Graber Award	Lisa Traditi

**Ad Hoc Appointments/Chairs**

Colleague Connection	
Representative	Frank Ames
MCMLA 2009	
Planning	Lynne Fox
Library Cooperation	Sara Katsh

**SIG Conveners**

Consumer Health	Dana Abbey
EBM	Suspended
Medical Paralibrarians	Marie St. Pierre

**Publication Statement**

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